

* Eat Better, Eat Together Month * Eat Country Ham Month *
 * Healthy Literacy Month * National Bake and Decorate Month *
 * National Dental Hygiene Month * National Popcorn Poppin' Month *
 * National Roller Skating Month * Spinach Lovers Month * Vegetarian Month *
 * Healthy Lung Month * National Chili Month *

October 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Salt Week (10/2 - 10/9) Johnny Appleseed Days (10/3 - 10/4)						
				1 World Vegetarian Day	2 World Smile Day	3
National Work from Home Week (10/4 - 10/10) Kids' Goal-Setting Week (10/5 - 10/10)						
4	5 Child Health Day United Nations: World Teachers Day	6 National German-American Day	7	8	9 Stretch and reach as high as possible 10 times.	10 National Cake Decorating Day
National Chestnut Week (10/11 - 10/17) National Food Bank Week (10/11 - 10/17) School Lunch Week (10/12 - 10/16)						
11 Columbus Day	12	13	14 National Top Spinning Day	15	16 World Food Day	17 Try tabouleh!
National School Bus Safety Week (10/18 - 10/24) Teen Read Week (10/18 - 10/24)						
18	19 Make up a dance that makes you laugh!	20 World Osteoporosis Day	21 Try spinach pasta today.	22	23 Try a veggie pizza today!	24 United Nations Day
International Magic Week (10/25 - 10/31)						
25 Mother-in-Law Day	26	27 Hold a class taste-test of different varieties of apples.	28 Lung Health Day	29	30 Haunted Refrigerator Night	31 Halloween (All Hallow's Eve)